

FLORENCE'S BIGGEST LOSER

FOR...

- \$150 Registration Fee (Just \$15/week!)
- Your commitment of time & energy

YOU GET...

- **FREE Membership to McLeod Health & Fitness Center** for as long as long as you are a contestant of Florence's BIGGEST LOSER! (Max. 10 weeks)
- **Fitness trainings sessions** at McLeod Health & Fitness Center!
- **Nutrition counseling** from Kitty Finklea, registered dietitian & nutritionist!
- **Motivational guidance** from Robin L. Lewis, certified life coach!
- **An e-newsletter** called *The Daily Cricket* to support and inspire you!
- **The chance to win over \$1,000 in cash & prizes!**
- The creation of a **healthier and happier YOU** while having **tons of fun!!**

When would I have to be there?

- Contest is 10-weeks: January 13 – April 2
- **All events, weigh-ins, trainings, challenges and classes are required.**
 - There are four BIGGEST LOSER events:
 - **Prep Week (Jan. 13-15):** Complete your first body measurements & weight-in, *times vary*
 - **January 20:** Kick-Off from 6:00-8:00 p.m. at McLeod Health & Fitness Center
 - **Mid-Measure (Feb. 24):** Check-in to see how many inches you're losing, *times vary*
 - **April 2:** Finale, *date/time TBD*
 - **Thursdays** for weigh-in at the United Way office from **8:00 a.m. - 6:00 p.m.**
 - **Weekly Trainings** at the **same time on the same day.**
**Trainings will be completed in teams of 6-8 contestants. Variety of day & time options available!*
 - **ONE class, training or challenge during each of these weeks:**
 - Week 1 (Jan. 27): Healthy Mindset Training, 6:00-7:30 pm, *Location TBD*
 - Week 2 (Feb. 3): Nutrition Class, 6:00-7:30 pm, McLeod Health & Fitness Center
 - Week 6 (Mar. 3): Challenge #1, Work-out Like a Viper!, 6:00-7:30 pm, *Location TBD*
 - Week 9 (Mar. 21): Challenge #2, Kayak Attack, 2:00-4:30 pm, *Location TBD*

What if I can't make it to everything?

- You get **Three Absences** to use for the events, trainings, challenges and classes during the first 8 weeks of the competition (Jan. 13-Mar. 21). On the fourth absence, you are out! (There is no penalty for absences during Week 9 & Week 10.)
- **Save-A-Weigh:** This is the **ONLY** way you can miss a weigh-in. Otherwise, weekly weigh-ins are required.
Cost: \$35.00 (Your friends, family and co-workers can help pay by using our online donate button!)
What you get: Immunity from that week's weigh-in and any associated consequences.
Catch: You only get to use Save-A-Weigh **TWO TIMES!**

What other twists & turns should I know about?

- **Gaining weight twice** starting at the Week 4 weigh-in on February 19 will get you disqualified... we call that accountability!
- You can **weigh-in on Tuesdays**, but it'll cost you! \$10 allows you to weigh-in early from Week 1-9!

What if I want to do more?

- Two **Energizers** scheduled strategically at the middle of our contest will keep you motivated!
- Two **Interactive nutrition trainings** will teach you hands-on ways to get healthy!
- Two **Healthy Mindset check-ins** will help prepare you to maintain your healthy lifestyle well past April 2!

TELL ME MORE ABOUT THE PRIZES!

- **\$500.00** for the contestant with the greatest percentage weight-loss during Florence's BIGGEST LOSER!
- **\$500.00** for the contestant with the greatest percentage inches lost during Florence's BIGGEST LOSER!
- **True Grits Award with a shopping spree sponsored by Belk** for the contestant who shows the most grit!
- **The Main Ingredient Award with a prize package from Academy Sports** for the contestant with the most low-fat Brownie Points at the end of the competition! Brownie Points are earned through fan votes and participation!

This is a summary of Florence's BIGGEST LOSER, and in no way substitutes or replaces the official Rules & Regulations. For additional details and information, visit:

www.burnandlearnflorence.com